



DODGE CITY
COMMUNITY COLLEGE

*The
Road To
Total
Wellness*



2501 North 14th Avenue
Dodge City, Kansas 67801-2399
(316) 225-1321 or
Toll-free in KS: 1-800-742-9519

DCCC will put you on the road to total wellness!

The Dodge City Community College Wellness Program is a health service for the entire community, as well as students, and DCCC staff. It provides an up-to-date aerobic exercise center, especially designed to encourage holistic fitness.



In addition to its three racquetball courts, an aerobic exercise area, an exercise circuit, and an indoor track, the *Wellness Program* also offers classroom and individual instruction, special classes and workshops, dietary analysis and nutrition instruction, and equipment and video check-outs.

Attendants are on duty to assist you, to help you get started, and to offer encouragement on your way to good health. You may choose individual exercises set to fit your personal schedule, or you may wish to investigate special programs, classes, workshops, and counseling services.

DCCC's Wellness Program offers practically everything you need for your total health and fitness program.

Located on the north side of the DCCC Physical Education Complex, the *Wellness Program* offers its services to individuals in the community, as well as faculty, staff, and students at DCCC.

No matter which method of participation you choose, *DCCC's Wellness Program* is tailored to your fitness needs!



Call today to learn more: (316) 225-1321, or toll-free in Kansas: 1-800-742-9519, ext. 255, ext. 314, or ext. 258; or visit the *DCCC Wellness Program Facility* at 2501 North 14th Avenue in Dodge City.

To enroll, you may call the DCCC Telephone Enrollment number: (316) 225-4114.

FOR MORE INFORMATION, CALL:
ROD KOEHLER, GARY WILSON, OR
JOAN COX, DCCC WELLNESS CENTER,
2501 N. 14TH AVENUE
DODGE CITY, KS 67801
(316) 225-1321, EXT. 255, EXT. 314 OR
EXT. 258

INCENTIVES AND AWARDS:

- T-SHIRTS
- HEALTH FAIRS
- FUN RUNS
- CERTIFICATES

EVALUATION:

- RESTING PULSE RATE
- RESTING BLOOD PRESSURE
- BODY WEIGHT
- LIFESTYLE QUESTIONNAIRE
- NUTRITIONAL ANALYSIS
- VO₂ (ml/kg)
- PERCENT BODY FAT
- HEALTH RISK APPRAISAL
- FLEXIBILITY TESTING

HOURS:

Monday - Thursday:
7:00 a.m. - 10:00 p.m.

Friday:
7:00 a.m. - 8:00 p.m.

Saturday:
7:00 a.m. - 8:00 p.m.

Sunday:
12:00 noon - 8:00 p.m.

The Exercise & Fitness Trail

Dodge City Community College's *Exercise & Fitness Trail* on the southwest corner of the campus is just what the doctor ordered! It is a prescription for a healthy life and helps take the boredom and fear out of exercise.

The "wellness through fitness program" was designed by experts in sports, cardiovascular medicine, and motivation from Stanford University and the Arizona Heart Institute.

The trail has been designed to be enjoyed by people of all ages, and all fitness levels. Most importantly, this jogging course takes joggers off the streets, and away from traffic.

Total fitness requires strength and flexibility. Running is not enough. The trail combines running with strength and flexibility games.

This course has three levels, and three distances: the half mile (around one-half of the track), one mile (around the outside of the track), and one and one quarter mile course (around the track in a "figure eight").

There are twenty exercise stations. The first five are for warm up and stretching. The next equally spaced stations are designed to strengthen and condition, and to improve cardiovascular health. There is also a station to show you how to take your pulse count, and you receive points when your heart rate is at a certain level. The last five stations are for cool down and stretching to help do away with the "day after exercise muscle aches."

The Exercise and Fitness Trail is like a giant board game. No matter what fitness level you find yourself in, this course will challenge, motivate, and reward you at every turn!

PROGRAMS OFFERED:

- FITNESS
- NUTRITION AWARENESS
- GENERAL HEALTH
- AEROBICS
- INDIVIDUAL COUNSELING
- FITNESS TESTING

PROGRAMS OFFERED:

(Periodically)

- LOW-BACK CARE
- SELF-DEFENSE

PHYSICAL FACILITIES:

- INDOOR TRACK
- CIRCUIT TRAINING
- RACQUETBALL
- TENNIS
- ERGOMETERS
- CLASSROOMS
- TOWEL SERVICE
- ATHLETIC TRAINING ROOM
- AEROBICS AREA
- WEIGHT EQUIPMENT
- FITNESS TESTING AND EVALUATION
- LOCKERS

FEES:

- FULL-TIME DCCC STUDENTS-FREE
- OTHERS-\$35.00-SEMESTER
- GROUP RATES AVAILABLE-
(Check with the Director!)



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